

### ABSTRACT OF THE DISCLOSURE

An elongated plate for coupling severed bone regions comprising at least one bridge region, the at least one bridge region terminating in at least two bone fixation regions. The at least two bone fixation regions each contain at least one aperture for receiving a suitable fastening device for securing the elongated plate to the bone regions to be coupled. The bridge region may be configured so as to be easily severed by a suitable severing device such as surgical scissors. The elongated plate and fastening device may be formed from a bio-compatible or bio-resorbable material.